



If you don't have ties to the Lesbian, Gay, Bisexual, and Transgender (LGBT) community you may not know what life is really like for an LGBT person. You may believe that in these modern times we live in a pretty tolerant and loving community.

Twelve years ago Judy Shepard's, 21-year old son Matthew was brutally murdered in a robbery turned hate crime. After Matthew's death, Judy and her husband Dennis started a foundation called The Matthew Shepard Foundation. Judy shared her message of replacing hate with understanding, compassion and acceptance at the Believe in Youth event held in Charlotte.

Even though a lot has changed since Matthew's death, there are still many young people in our community who live in fear because of their sexual identity. News of bullying and suicides are too common in our community.

Judy's message encouraged the audience to:

- Speak up; don't sit quietly when people speak in ignorance.
- Get involved and tell your story. Reach out to young children.
- Be positive and be a role model.
- Vote and pay attention for who you vote for. Let your representatives know what you like that and what you DON'T like.

Judy ended her speech with a Cherokee story called **Two Wolves**:

A Cherokee Elder was teaching his grandchildren about life. He said to them, "A fight is going on inside me... it is a terrible fight between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride and superiority.

The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion and faith. □ This same fight is going on inside you, and inside every other person, too."

They thought about it for a minute and then one child asked his grandfather, "Which wolf will win?"

The old man simply replied, "The one you feed."

Time Out Youth

[Time Out Youth](#) offers support, advocacy and opportunities for personal development and social interaction to lesbian, gay bisexual, transgender and questioning youth age 13-23.

Programs and Services

Monday Night Discussion Group – 6:30 – 8:30 PM

Wednesday Night Discussion Group – 6:30 – 8:30 PM

Movie/Arts Night on Tuesday from 6:30 – 8:30 PM

Q-Tribe on Thursday (1st, 3rd, 5th Thursday) 6:30 – 8:30 PM

Speakers Bureau

Emergency Housing Program

LGBTQ Resource Library

College Scholarships

In-agency Counseling Services

Training for school personnel, faith communities and health and human service providers.

Make A Difference

- Commit to being and advocate for LGBTQ issues in your schools, workplace, house of worship and in the community.

- Make a monetary donation to help fund our outreach efforts, programs and services.

Donations are tax deductible.

- Volunteer your time and talents by working directly with youth or assisting with one of our events.

- Become an Emergency Housing volunteer for youth who have been asked to leave their homes due to their sexual orientation or gender identity.